

THE 50+ Connection

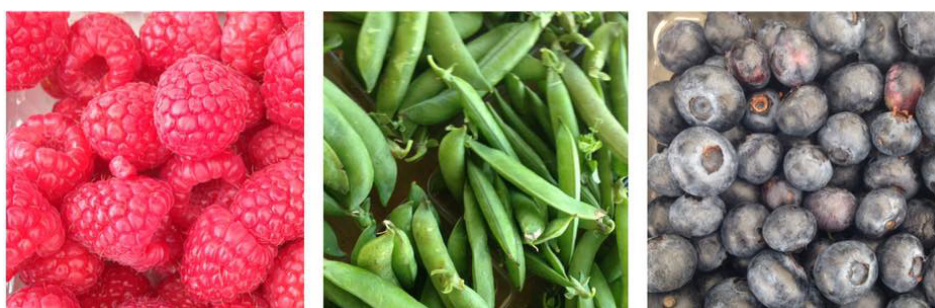
NEWS and EVENTS from the
Howard County Office on Aging and Independence

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Eat Fresh, Buy Local at Farmers' Markets

By Carmen Roberts, MS, RD, LDN, Nutritionist
Howard County Office on Aging and Independence



There's no reason not to eat fresh! Howard County's farmers' markets operate five days a week at alternating locations throughout the county, meaning that farm fresh produce is closer than you think! Here are just a few of the benefits of bypassing your supermarket this week to head to your local farmers' market:

EXERCISE — Walking around the outdoor markets is a great way to increase physical activity while getting fresh air and a boost of Vitamin D from being out in the sunshine.

FRESHNESS — Most participating farmers harvest their produce the day before or the morning of the market; fresh produce is richer in vitamins and tastes better than fruits and vegetables that have traveled many miles.

HEALTH — Purchasing local produce is a great way to add more fruits and vegetables into your diet. By supporting local growers, you can get produce that is fresher, better tasting, and naturally ripe. Most market vendors provide cooking tips, recipes, and meal ideas to inspire you to cook more at home.

ENVIRONMENT — Buying locally decreases the distance food is transported across the country or from other countries. This benefits the environment by reducing energy consumption and pollution.

COST SAVINGS — Fruits and vegetables that are harvested and enjoyed in season cost less. Consider freezing produce at its peak ripeness so that you can enjoy it all year long.

ECONOMIC IMPACT — Shopping at farmers' markets supports family farmers who sell directly to consumers. By eliminating middlemen, local growers keep a larger portion of the sales price, which supports the local economy.

Days and hours of operation for the Farmers' Markets vary by location, number of vendors, type of produce, and whether they offer organic fruits and vegetables, so you may want to do some research in advance.

To find a Howard County Farmers' Market near you, see the list at right or visit www.hceda.org/farm-agriculture/locations/farmers-markets/

Carmen Roberts is available for free one-on-one nutrition consultations. To register, go to <https://bit.ly/30qKZgj> or call 410-313-0387 (voice/relay).

A Message from
Howard County Executive

Calvin Ball



Summer is on its way, and just as we hoped, we are in a much better place this year amid the global pandemic. We were able to resume in-person services for residents at our 50+ Centers last month, after more than a year of closures due to COVID-19. As of May, nearly 100% of our residents over 75 have been vaccinated and nearly 83% of our residents over 65 are vaccinated. This progress brings us great hope that we are inching closer to normal every day. If you haven't already, be sure to get vaccinated and encourage family and friends to do so as well.

In addition to welcoming members back to our 50+ Centers, our team is still actively hosting online and virtual events for residents, which are much easier to browse and find on our new Howard County website. Be sure to visit www.howardcountymd.gov to see our improvements and let us know your thoughts — we want this site to be accessible to everyone. With a simple navigation, you can find our most popular services, activities for 50+ adults, and learn more about all that Howard County has to offer to you and your loved ones.

As we march on through the summer, I want to thank all our residents who have worked together over the past year to keep one another safe — your efforts truly have made a difference and saved lives. We're so close, so let's keep working together.

2021 Howard County Farmers' Markets

Clarksville Commons

12250 Clarksville Pike, Clarksville
OPEN May 1 to November 6
Saturdays • 10:00 a.m. – 2:00 p.m.

Elkridge Furnace Inn Farmers' Market

5745 Furnace Avenue, Elkridge
OPEN Year-Round • Wednesdays • noon – 6:00 p.m.

Farmers' Market @ Maple Lawn

7505 Maple Lawn Boulevard, Fulton
OPEN May 8 to November 6 • Saturdays • 9:00 a.m. – 1:00 p.m.

Howard County Library Charles E. Miller Branch

9421 Frederick Road, Ellicott City
OPEN May 5 to November 3 • Wednesdays • 2:00 – 6:00 pm

Howard County Library East Columbia Branch

6600 Cradlerock Way, Columbia
OPEN May 6 to November 11 • Thursdays • noon – 7:00 p.m.

Oakland Mills Village Center

5851 Robert Oliver Place, Columbia
OPEN May 9 to November 7 • Sundays • 9:00 a.m. – 1:00 p.m.



WELCOME BACK!

Howard County Office on Aging and Independence staff warmly welcomed members back to the 50+ Centers* April 30 after more than a year's closure due to COVID-19. Longtime member Brenda Colwell (pictured at center of photo bottom right) was first in line when the Bain 50+ Center reopened its doors for in-person services. "Brenda was so excited to join our new fitness center," said Director Linda Ethridge, "She came ready to work out!" The 50+ Centers and fitness equipment rooms are operating at 50% capacity (by appointment only) and offer Maryland Access Point (MAP) and SHIP information and assistance, plus limited activities.

Virtual 50+ Center offerings and Grab & Go meals will continue, and social programs such as discussion groups, lifelong learning, art and DIY activities, billiards, pickleball, walking groups, and health and wellness offerings will be phased in over the coming months. **To make an appointment, call 410-313-5400 (voice/relay) or any center, two business days in advance, between 9:00 am and 4:00 pm.**

* North Laurel 50+ Center will resume operations later this summer; appointments for the fitness room, billiards and walking are currently available through Recreation and Parks at 410-313-0390.



EAST COLUMBIA 50+



ELKRIDGE 50+



GLENWOOD 50+



EC 50+ FITNESS



BAIN 50+

Paint A Garden Rock

Add a painted rock with your own message, flair and favorite colors to one of our "Volunteers Rock" Gardens!

"This partnership between the Departments of Community Resources and Services (DCRS) and Recreation and Parks was developed to recognize the contributions of the many volunteers who make Howard County rock solid as a community," says Darlene Vaselaros, DCRS Volunteer Coordinator.



Let your creativity soar. Share a few words of gratitude. Paint a rock to acknowledge those who have had a positive impact on our community. No artistic abilities required... just have fun!

Completed "rocks of art" can be displayed in one of three dedicated rock gardens between April 1 and August 1: Ellicott City 50+ Center; Gary J. Arthur Community Center; and the North Laurel Community Center. See www.hocovolunteer.org for volunteer opportunities.

EXPLORE the Howard County 50+ CENTERS and discover a multitude of ways for AGING WELL.

be active



be curious



be nourished



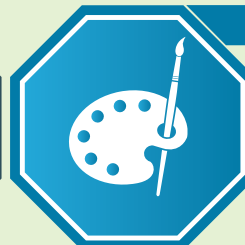
be playful



be connected



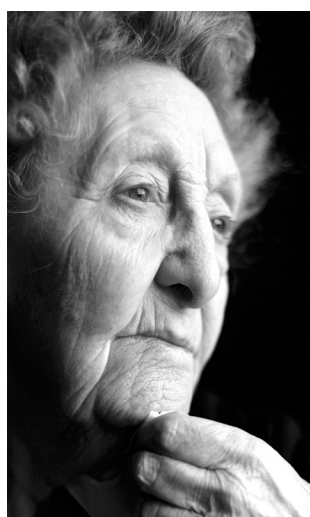
be creative



be engaged



be enriched



Emotional. Sexual. Financial. Physical.
Abuse isn't always visible.

LEARN THE SIGNS OF ABUSE

www.facebook.com/HoCoCommunity

JUNE 14-18, 2021

ELDER ABUSE
AWARENESS
WEEK

**TAKE A
STAND
AGAINST ELDER ABUSE**

Awareness • Advocacy • Prevention

CHECK ON
VULNERABLE
NEIGHBORS
AND FAMILY